

## BOOK REVIEWS

**THE KIDNEY—Medical and Surgical Diseases.** By Arthur C. Allen, M.D., Pathologist, the James Ewing Hospital; Assistant Attending Pathologist, Memorial Cancer Center, New York City. 1,115 illustrations. Grune and Stratton, New York, 1951. 583 pages. \$15.00.

This unique work belongs in the library of every internist, urologist and pathologist. It covers virtually all fields relative to the kidneys and their diseases; embryology, malformations, tumors, all varieties of acute and chronic medical and surgical types of disorders are discussed. Photographs and photomicrographs are profuse and clear, and the book is well published. Some may object to the notion of a pathologist writing of the physiology and therapy of certain renal diseases; however, there is no inherent reason why only clinicians should attempt clinicopathologic integration, and one finds here a refreshing point of view. The work is highly recommended.

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**MEDICAL TREATMENT IN OBSTETRICS AND GYNECOLOGY.** By C. Frederic Fluhmann, B.A., M.D., C.M., Clinical Professor of Obstetrics and Gynecology, Stanford University School of Medicine, Fellow American Gynecological Society. Illustrated. The Williams and Wilkins Company, Baltimore, 1951. 157 pages. \$3.00.

Dr. Fluhmann has assembled a compendium of practical information, useful especially in the office practice of obstetrics and gynecology. This is a small book of 145 pages in which discussion has been largely eliminated, the space being devoted to simple statements of, and instructions for current therapy and diagnostic procedures. While not every obstetrician-gynecologist will subscribe to all of the recommendations, by and large, highly controversial measures have been avoided, and the suggestions are in line with common practice, or represent minor deviations therefrom.

The first chapter deals with certain investigative and diagnostic approaches and with medical therapy in a wide variety of obstetrical and gynecological conditions. In obstetrics such conditions as habitual abortion, after-pains, the care of the breasts, leg cramps, fetal death in utero, prenatal care, and the toxemias of pregnancy are dealt with. In gynecology, menstruation and its abnormalities, cervicitis, cervical erosion, the relief of pain in carcinoma of the cervix, the climacteric syndrome, contraception, endometrial hyperplasia, the investigation of infertility, kraurosis vulvae, pruritus vulvae, radiation sickness, urinary incontinence, and vaginitis as well as many others are considered.

Chapter two deals with therapeutic measures. "This section lists some of the many therapeutic preparations employed in the practice of obstetrics and gynecology with suggestions as to dosage and also clinical applications." Sub-sections on the sulfonamides and antibiotics and on the hormones of reproduction are included.

Chapter three deals with nutrition. Details of various diets, such as "Reducing Diet," "Salt-free Diets," "Low Residue Diet" are given, as well as a brief discussion of vitamin deficiencies and the use of vitamin preparations.

The fourth and final chapter includes outlines and instructions for certain hospital and office procedures. Pre-operative and postoperative routines are given. Basal body temperature, biopsy of the cervix and endometrium, hysterosalpingography, smears for cytological examination, etc., are considered. Culdoscopy and peritoneoscopic examinations are not included.

This book should prove especially useful for the young man just entering practice.

**FROM A DOCTOR'S HEART.** By Eugene F. Snyder, M.D. The Philosophical Library, New York, 1951. 251 pages. \$3.75.

Some have operations and write about them. Some have exotic tropical diseases, and some have coronary occlusions. The writer of this short book is a physician practicing in New York state who had an acute coronary occlusion some few years ago. As part of his convalescence he decided to write his impressions of his own case, of his treatment and of his attending physicians and friends.

Much of the autobiography is in simple language and will be understood by the average patient. A little is technical and a little allusive to many physicians, well known to the profession, but probably mere names to the average potential reader.

The material is presented partly in direct form and partly as recorded conversation between the author, his wife (also a physician) and his son (a potential medical student). Interspersed with the story of his attack, his treatment and his convalescence are flashbacks to the author's youth in Russia and to his early medical career in Czechoslovakia. The many passages bitter at the tyranny of Russian and German fascism cannot have been healthy occupational therapy as far as the patient's cardiovascular system was concerned, but presumably were of some relief to his psyche.

There are many sound points in the book. The author observes that "I have lived long enough on both sides of different curtains . . . to be firmly convinced that the only road to . . . peace is through goodwill, . . . non-appeasement . . . and abolition of suspicion. . . . There was a time when the Mohammedans thought that they could not exist beside the Christians, and the Catholics thought they could not live with the Protestants; but people have learned that they can live together in peace, especially when they do not try to convert each other by force. Respect for others comes through education and common labor which often produce sympathy and friendship."

The influence of the Boston School of Medicine, near which the author has lived for some years, is evident in the tendency to use personal names instead of simple descriptive terms for various pathological and other conditions. This somewhat irritating tendency is offset by a reasonable amount of quotation, partly poetical and partly philosophical. In discussing the aftercare of the cardiac patient, he emphasizes that it is better to be employed and do a little work than to retire completely "unless one possesses enough internal resources to avoid boredom and the feeling of emptiness and futility in retirement." As the Elizabethan poet John Donne wrote, "Be thine own palace or the world's thy jail."

His early career under dictatorships results in frequent allusion to the great privilege of living in America, where there is still freedom. "Of all freedoms and privileges, the right to be different and to think differently is the most precious that democracy can give."

The book is neatly printed and bound, and can doubtless be recommended to many physicians and their patients when faced with the problem of living after their own convalescence from coronary occlusion. It is to be hoped that subsequent editions will omit the rather feeble cartoons and sketches with which the first issue is somewhat liberally interlarded. The foreword by Paul White recommends the book both for its human relationships and its potential usefulness to victims with coronary heart disease.